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ABSTRACT

This book, which is addressed to workers who are uncertain about their future in increasingly high-tech workplaces, outlines a framework for taking action to overcome high-tech anxiety and to thrive in this new world of work. Chapter 1 discusses why so many people experience anxiety over the new information and communication technologies that now figure prominently in many workplaces, and it exposes four myths regarding high technology and the workplace. Chapter 2 details the framework's following six steps: reaching acceptance, achieving understanding, gathering knowledge, networking, building trust, and reinvention. Chapters 3-5, which focus on the framework's first three steps, explore the following three things workers need to do: accept change as a new constant in life; decide whether they fit into the new world of work; and keep alert to developments and avoid being blindsided by the future. The last three steps of the framework are considered in depth in chapters 6-8, which are devoted to the following three topics: learning to network and use networks to one's advantage; building the trust that is the key to the new connectivity that is, in turn, the cornerstone of business success today; and taking steps to acquire technological skills. (MN)

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